



RULES

Team

A team consists of 7 players. A team must have 5 players to start the game. If a team does not have 5 players by 5 minutes after the scheduled starting time, that team will forfeit the contest.

Forfeit time

5 minutes after scheduled game time.

Rules

1. Shirts and jerseys MUST be tucked in so they do not interfere with the flag.
2. No metal spikes or jewelry.
3. The game will consist of two 7 minute halves (running time). There will be stop time for the last 2 minutes of each half.
4. Each team will be allowed 2 time-outs per game. Time-outs will be 30 seconds in length.
5. There will be no kickoffs. All play starts from the 5 yard line.
6. Coin toss winner picks "start on offense" or "start on defense". The other team then picks the goal they wish to defend.
7. Dead balls:
 - a. The ball carrier falls to ground.
 - b. The ball carrier loses flag. It is then 1 hand touch on ball carrier.
 - c. Incomplete pass
 - d. Ball carrier goes out of bounds. A fumble is a dead ball. The opponent cannot recover a fumble.
 - e. Snap hits the ground.
 - f. A snap hitting the ground in the end zone is a safety.
8. Scoring
 - a. Touchdown 6 points
 - b. Extra point (3 yd line) 1 point
 - c. Extra point (10 yd line) 2 points

- d. Safety 2 points
 - e. The extra point try can be run back by the defense for 2 points.
9. Offense
- a. 25 seconds to put the ball in play
 - b. No 3 or 4 point stances by either team
 - c. The ball must be centered between legs
 - d. At least 4 players must be on line of scrimmage
 - e. All players are eligible for a pass
 - f. Only 1 forward pass per play
 - g. One foot down in bounds = completion
 - h. No diving, but jumping to avoid a defender is ok
 - i. No mercy rule
 - j. Punts must be announced. There are no fake punts. No offensive player may go downfield until the ball is kicked. Defense must have 4 players on the line until ball is kicked.
10. Blocking: Offense may extend arms in front of them, but not out to sides. Defense must go around defender. If they use hands/arms or go through the defender, it is a penalty.
11. Overtime: Winner has choice to go 1st or 2nd. Each team has 4 plays to score from the 20 yard line. After a score, an extra point will be attempted. Beginning with the second overtime, teams must go for 2 points.
12. **Rushing the Quarterback:** All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage. Once the ball is handed off or tossed, or there is a play action fake or fake handoff, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage. A special marker, or a game official, will designate seven yards from the line of scrimmage.
13. **Sportsmanship/Roughing:** If the referee witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the tournament. FOUL PLAY WILL NOT BE TOLERATED. Trash talking is illegal. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) Officials have the right to determine offensive language. If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
14. Penalties
- Penalties after an interception shall be assessed after the return is over and/or the play is blown dead.

Defensive Penalties

- Ø Offside — 5 yards.
- Ø Substitution fouls — 5 yards. (player enters field after the ball is “in play” by the referee.
- Ø Disconcerting signals — 5 yards (signals to distract / simulate offensive signals prior to snap).
- Ø Interference with opponent or ball at the snap — 5 yards.
- Ø Illegal rushing — 5 yards (starting rush from inside 7-yard marker).
- Ø Interference — 5 yards and automatic first down.
- Ø Illegal contact — 5 yards and automatic first down (holding, blocking, etc).
- Ø Illegal flag pull — 5 yards and automatic first down (before receiver has ball).

Offensive Penalties:

- Ø Flag guarding — 5 yards.
- Ø Delay of game — 5 yards. Ø Substitution fouls — 5 yards.
- Ø Illegal motion — 5 yards. (more than one person moving, etc.)

- Ø False start — 5 yards (cannot be declined).
- Ø Illegal snap — 5 yards.
- Ø Illegal shift or failure to pause for 1 second — 5 yards.
- Ø Offensive holding — 5 yards.
- Ø Diving/Jumping - 5 yards Ø Player out of bounds — 5 yards. (if player goes out of bounds, player cannot return to the field and catch ball)
- Ø Illegal forward pass — 5 yards and loss of down. (a second forward pass or after ball has crossed the line of scrimmage)
- Ø Offensive pass interference— 5 yards and loss of down. (illegal pick play, pushing off/away defender)
- Ø Running inside a no running zone is a loss of down at the previous spot.